

To know or not to know: What happens when you have your genes tested?

Scene 1. At home / Night

玄関の外からさくらの背中をカメラが追いかける。

ドアを開け、玄関で靴を脱ぐ。

キッチンで料理をしているみほが振り向く。

みほ 「Oh, you're back already! Why didn't you say something earlier?

じっと、母親の背中を見るさくら。表情が一瞬曇る。

リビングでカバンをおろし、何も言わずにリビングを出て、階段を登る。

父のけんじに階段で出くわす。

けんじ 「Hey! Where do you think you're going?

自室に入り、ボタンとドアを閉める。

それを少し、心配そうに見守るけんじ。

さくらが締めたドアに寄りかかる。

さくら (ナレーション) 「Two months ago, we found out that my mother has breast cancer. Since then, the atmosphere in our house has changed a bit.」

Scene 2. At home / Night

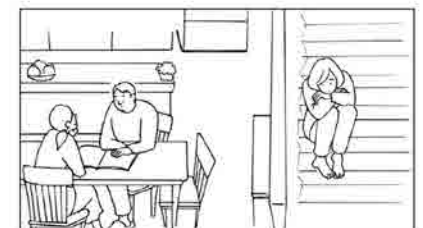
さくらが寝つけないでいる。

何度も寝返りをうち、たまらず起き上がり、階段をおりていくと、両親が喋っている。

みほ 「The doctor said that my breast cancer may be hereditary...

and that I should get a blood test to find out if it is hereditary. They also said that if there are any changes in my genes,
it may be better to get a full mastectomy.

けんじ 「However, it means that you can find out if cancer runs in the family, right?



Regardless of whether the cancer is hereditary, Sakura would also want to know, right?]

みほ 「Yeah, well. I guess so.はあ。 It's not my problem only, right? That's why I'm not sure what to do.
So, I read about it and found that there is something called genetic counseling at the university hospital.
You can consult with a genetic specialist.
If we learn more, it'll be possible to handle things in a better way.」

無言になる二人。

聞き耳をたてているさくら。

さくら (ナレーション) 「I didn't know it was possible to have your genes tested.

Scene 3. At school / Afternoon

さくらとあおばが教室で話している。

あおば 「Sakura!」

さくら 「It looks like my mom is going to get a genetic test done at the hospital that she goes to.
They say that it will be useful for her upcoming surgery.」

あおば 「Well, that's good, right! (すこし想像する) I don't know. If I found out that I was at high risk of getting breast cancer,
I'd do anything to prevent it.」

さくら 「But, sometimes, ignorance is bliss, right?」

あおば 「Huh? What do you mean?」

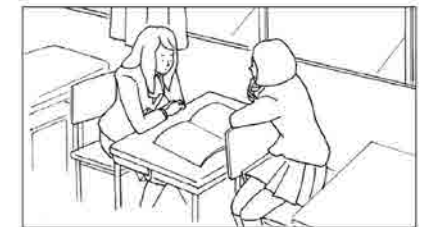
さくら 「Genes do not change throughout our life. If we know that we are at high risk of getting cancer,
we wouldn't be able to enjoy living life normally, isn't it?」

あおば 「Hmm...Well, I guess I may stop thinking about getting married or having children then.」

さくら 「Having your genes tested isn't an easy thing. That's why mom was so worried about it, and, although my mom is extremely troubled, I feel like her troubles are continuously increasing because of me.

あおばがさくらの肩を叩く

さくら 「What? (笑い) 」



あおば 「Don't think about it too much. Just try talking about it. After all, she is your mother!」
頷くさくら。

Scene 4. Way home / Early-evening

♪ BGM

さくらが帰宅していると買い物袋を下げた母（みほ）を見つける

さくら 「Mom!」

みほ 「Sakura, welcome back!」

息を切らせ近くまでくる、さくらが荷物を持つ。しばらく歩く二人。

さくら 「Last night...I heard you talking with dad.」

みほ 「・・・・・・・・」

さくら 「Well, yes. I want you to stay healthy.

So, I'd like you to take the test or do whatever you need to do to get well.」

みほが少し考える。

みほ 「If I go through with the test, we might find out that the condition is hereditary, you know that, right?」

さくら 「Yeah.」

みほ 「If that happens, then you'll also know that you are at high risk for the same type of cancer.」

さくら 「Yeah, I know.」

みほ 「I was scared about knowing the future and causing you worry.

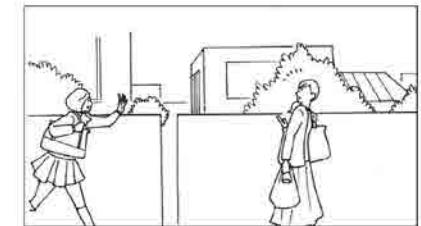
So, I was worried whether I should get the genetic test done.」

さくら 「Everyone says that I look like you. (嬉しそうに)

I think that must be because I inherited your good genes. Even if we find out that your cancer is hereditary and that I've inherited it, I still couldn't have been born without it. So, you see, it can't be helped.

Besides, regardless of the genetics, cancer is a disease that anyone can get, right?

That's why I don't care if my mother's cancer is hereditary.」



Scene 5. Way home / Early-evening

みほ 「Thanks. It was good talking with you. I feel better now.

Maybe I should talk with your grandpa, grandma, and aunt as well.」

さくら 「You should. If it is hereditary, it is not just a problem for you, but also for grandma and the others.

Every one of us is connected, so I don't think that you should worry about it alone.」

みほ 「...The reason why I decided to have a genetic test done is...」

さくら 「Yeah?」

みほ 「If we find out that it is genetic, I think I'll get a complete double mastectomy so it won't happen again .

I want to be with you and your father as long as possible.

That is my happiness.」

さくら 「Mine too, mom.」



Scene 6. At home / Night

けんじが家に帰ってくる。

けんじ 「I'm back!」

みほ 「Welcome back!」

けんじ 「Oh, we're having hotpot for dinner!」

みほ 「I talked to Sakura...about getting the genetic testing done.」

けんじ 「Oh! How did it go?」

みほ 「I think that I'm the one who feels encouraged after the conversation.」

けんじが微笑む。

階段をあがり、さくらの部屋をノックするけんじ。

さくら 「Yes?」

壁越しに、二人が会話する。

けんじ 「Sakura, can we talk?」

寝たまま答えるさくら。

さくら 「About mom's test?」

けんじ 「Yeah.」

さくら 「If that's what she wants to do, even if it includes me, I'll accept that and support her.」

けんじ 「I see.」

けんじ、階段を降りようとする。 さくらがドアを開ける。 けんじを呼び止める。

さくら 「Dad, actually, I've started to get interested in genes.」

けんじ 「What?」

さくら 「I'm not an adult, so I can't get tested yet. But, I think that it's an option that I should consider for later.」

けんじ 「That's a sudden change!」

さくら 「Well, you know, genes are what make us family, right?」

けんじ 「Maybe you're right. (笑う)」

二人が笑う。



Scene 7. At home / Night

家族が楽しそうに食事している。

winder-upper



Tickers

- ① Although this video concerns hereditary breast and ovarian cancer syndrome (HBOC), it was created for the purpose of understanding “invariance,” “predictability,” and “shareability,” which are the characteristics of genetic information. It was not created for the purpose of examining whether one should undergo genetic testing for HBOC.
- ② Breast cancer can be classified as a type of cancer in which genetic change causing breast cancer occurs in the cells of the entire body from the time of birth (i.e., cancer caused by genetic changes in the somatic cell lineage) or a type in which genetic change occurs only in the cells of the breast that became cancerous (i.e., cancer caused by germline genetic changes). HBOC is a cancer caused by germline genetic changes, and these changes are passed on from the parent to the child at a 1/2 probability. This does not mean that breast cancer will develop in all children who inherit the changes.
- ③ Many breast cancer incidences are caused by genetic changes in the somatic cell lineage, and the involvement of the genes is small. Cancers such as HBOC, which are caused by germline genetic changes, are rare types of breast cancer. Therefore, there are only a few breast cancer types for which genetic testing can be used to determine the optimal treatment strategy. This video does not recommend genetic testing for all persons with breast cancer.
- ④ Medical insurance can be used only in some cases of medical treatment using genetic information (such as genomic medicine) in persons with an indicated constitution. Presently, genetic testing for HBOC is also not covered by insurance.
- ⑤ Genetic counseling is the process of helping patients understand and adapt to the medical, psychological, and family-related impact and problems caused by the realization of hereditary diseases. A system that allows patients to undergo such counseling is currently being established in hospitals other than university hospitals as well.

制作クレジット

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